

## Newnham College Counsellors - Tom Godsall and Elrika Erasmus

There are two college counsellors Tom Godsall and Elrika Erasmus who will be offering appointments to Newnham students throughout the year. The Counsellors provide short term counselling (up to 6 sessions) and during full term there are some 'drop-in' appointments available.

Elrika Erasmus works on Mondays 10am – 6pm and Drop-in appointments are available between 2pm - 3pm. Email: [Elrika.Erasmus@newn.cam.ac.uk](mailto:Elrika.Erasmus@newn.cam.ac.uk)

Tom Godsall works on Friday 9am – 5pm and Drop-in appointments are available between 1pm and 2pm. Email [Tom.Godsall@Newn.cam.ac.uk](mailto:Tom.Godsall@Newn.cam.ac.uk)

**'Drop-in' Appointments during Full Term only** - Mondays at 2pm-3pm and Fridays at 1pm -2pm. **'Drop-in' appointments** are available to students in crisis and in need of immediate support. If you do not need immediate support we would request students arrange an appointment via email in order that these spaces can be held for emergencies.

The aim of the college counsellors is to help Newnham students whose concerns may be impeding their personal lives and/or academic work.

To arrange an appointment to see a college counsellor you will need to send an email to which they will respond usually within 24 hours to acknowledge that they have received it and they will offer you a date for an initial assessment.

**The initial assessment** is an opportunity to meet the counsellor and discuss your situation. Once you have had an assessment session there will be several possible outcomes. You may be offered further sessions (up to 6) or if the counsellor believes that either longer term counselling or a different type of service would be more appropriate then they will endeavor to help you access the right service by making a referral or directing you elsewhere.

**Missed / cancelled appointments.** If you cancel the agreed assessment session you may be required to go back on the waiting list until another space becomes available. If you do not attend a session and have not contacted the counsellor they will presume that you no longer wish to attend counselling and your case will be closed. It is necessary to employ this policy to minimise missed appointments and ensure that each client has equitable access to the college counsellors.

To arrange an appointment email either: [Elrika.Erasmus@newn.cam.ac.uk](mailto:Elrika.Erasmus@newn.cam.ac.uk) or [Tom.Godsall@newn.cam.ac.uk](mailto:Tom.Godsall@newn.cam.ac.uk)

**In the case of an emergency or out of hours here are a number of options where you can get help:**

- The **Porters' Lodge** is staffed 24 hours a day.
- Your Personal Tutor.
- You might contact a **friend, neighbour or family member**.
- Contact your **GP**. Outside normal surgery hours, the **Urgent Care Cambridgeshire (UCC)** service is an out of hours GP service, Tel: 0330 123 9131
- The **self-help information** on the University Counselling Service website has useful information. [www.counselling.cam.ac.uk](http://www.counselling.cam.ac.uk)
- Please note that if you want to contact the University Counselling Service quickly or in an emergency, email is **not** an appropriate way of getting in touch, as it may be some time before it is read, instead call the University Counselling Service during opening hours – tel: 332865.

## Useful contact details:

**In an EMERGENCY telephone 999 or contact your own GP**

### **Addenbrooke's Accident and Emergency (A & E)**

Addenbrooke's Hospital, Hills Road, Cambridge

Tel: 01223 217118

### **Urgent Care Cambridgeshire**

Out of hours GP service

Tel: 0330 123 9131

<http://www.urgentcarecambridgeshire.co.uk>

**NHS 111** In England call 111 for 24-hour medical advice and information.

### **The Samaritans (Cambridge Branch)**

4 Emmanuel Road, Cambridge CB1 1JW.

24-hour helpline: 01223 364455 or 08457 909090

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

<http://www.samaritans.org.uk> (national site)

Befriending helpline for those in crisis or despair. Open 24 hours and 365 days.

### **CUSU**

The CUSU Caseworkers Phone line

Tel: 07999 859940, 9am-7pm daily

<http://www.cusu.cam.ac.uk/contacts>

CUSU Caseworkers are elected Sabbaticals. Further information about CUSU is available on their web site.

### **Nightline**

A helpline run by students for students during full term only. For further information see the Nightline web site : [www.cambridge.nightline.ac.uk](http://www.cambridge.nightline.ac.uk)

Call us on 01223 744444

Email us at [email@cambridge.nightline.ac.uk](mailto:email@cambridge.nightline.ac.uk)

Skype audio call at Cambridge.Nightline

### **Directories to find a private therapist.**

**BACP** - British Association for Counselling and Psychotherapy

t: 0870 443 5252 w: [www.bacp.co.uk](http://www.bacp.co.uk) w: [www.itsgoodtotalk.org.uk](http://www.itsgoodtotalk.org.uk)

**UKCP** - The United Kingdom Council for Psychotherapy

t: 020 7014 9968 w: [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

**BABCP** – British Association for Behavioural & Cognitive Psychotherapies

t: 0161 705 4304 w: [www.babcp.com](http://www.babcp.com)